

50 & Wiser Summer 2010 Fitness & Mind Body Programs...

recreation for those baby boomer age and beyond!

BETTER BALANCE & FITNESS

Instructor: Veronica Jones

Build a stronger foundation and increase your body awareness – necessary for better balance! Strengthen your muscles to improve everyday life. Exercises will be done seated and standing. This class is great for those with chronic conditions affecting balance and individuals who are seeking a gentle approach to exercise. Min: 5 Max: 10.

243301B	Thurs	May 13-June 24	10:15-11am (no class 6/3)
343301A	Thurs	July 22-Aug 26	10:15-11am
CFG/CAC		\$10 city resident, \$12 non-resident	

CARDIO & STRENGTH

Instructors: Layna Erney & Mindy Schwartz & Veronica Jones

Stretch, strengthen and get fit! This class works the heart, lungs, muscles and more. Variety and fun guaranteed. All fitness levels welcome. Min: 7 Max: 15.

242301A	T/Th	May 11-July 1	5:30-6:15pm
342301A	T/Th	July 13-Sept 2	5:30-6:15pm
CFG/CAC		\$36 city resident, \$43 non-resident	

MOUNTAIN BIKING BASICS

Instructors: Ryan Fawley & Dan Fudala

Learn the basics of mountain biking at Rocktown Trails in Hillandale Park. This class will help you get fitted to your bike, teach you basic mountain biking skills and provide time for riding practice. The majority of riding will be on off-road single track trails ranging from beginner to intermediate levels. Required equipment will be a helmet and a multi-speed mountain bike with minimum tire width of 1.75" in good, safe working order. Register by May 27. Min: 4 Max: 20.

342101A	Thurs	June 3,10,17,24	5:30-7pm
Hillandale Park Shelter #12 \$30 city resident, \$36 non-resident			

50 & WISER YOGA LEVEL 1

Instructor: Veronica Jones, RYT

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided. Min: 6 Max: 10.

242501D	Mon	May 10-June 28	5:30-6:30pm (no class 5/31)
342501A	Mon	July 12-Aug 23	5:30-6:30pm
242501E	Tues	May 11-June 29	9-10am (no class 6/1)
342501B	Tues	July 13-Aug 24	9-10am
CFG/CAC		\$32 city resident, \$38 non-resident	

50 & WISER YOGA MIXED LEVEL

Instructor: Veronica Jones, RYT

Traditional standing and floor postures provide a beneficial mix of movement and relaxation. This mixed level class will provide options for more advanced poses. Prior yoga experience is recommended, but not required. Modifications will be provided. Min: 6 Max:10.

242501F	Wed	May 12-June 30	5:30-6:30pm (no class 6/2)
342501C	Wed	July 14-Aug 25	5:30-6:30pm
242501G	Thurs	May 13-July 1	9-10am (no class 6/3)
342501D	Thurs	July 15-Aug 26	9-10am
CFG/CAC		\$32 city resident, \$38 non-resident	